

**CROSS COUNTRY RACING
INFORMATION SHEET 2017/18**



Birmingham men's league	
Date	Venue / host club
11th Nov 2017	Cheltenham
2nd Dec 2017	Trentham
13th Jan 2018	Birmingham Uni
10th Feb 2018	Aldersley Stadium (Wolverhampton)
Website	birminghamccleague.co.uk

Midlands ladies league	
Date	Venue / host club
11th Nov 2017	Coundon Park (Coventry)
2nd Dec 2017	Welcombe Hills (Stratford)
13th Jan 2018	Cofton Park (Birmingham)
10th Feb 2018	Aldersley Stadium (Wolverhampton)
Website	www.midlandathletics.org.uk

Championship races	
Warwickshire champ's	
6th January 2018	Warley Woods
www.warwickshirecountyaa.co.uk	
Midlands champ's	
27th January 2018	Wollaton Park (Nottingham)
www.midlandathletics.org.uk	
National champ's	
24th February 2018	Parliament Hill (London)
www.englishcrosscountry.co.uk	

Gloucester league	
Date	Venue / host club
14th Oct 2017	Blackbridge (Gloucester)
4th Nov 2017	Charlton Park (Malmesbury)
10th Dec 2017	Katherine Lady Berkeley Sports Centre (Wotton under Edge) SUNDAY RACE
17th Feb 2018	Cheltenham
(Runners pay own entry)	
Website	www.athletics4u.co.uk

Cross Country Relays	
21st October 2017	Aldersley Stadium (Wolverhampton)
www.midlandathletics.org.uk	

Midlands 5+7 mile champ's	
(Runners pay own entry)	
18th November 2017	Bulwell Hall Park (Nottingham)
www.midlandathletics.org.uk	

All races on Saturday afternoon unless otherwise stated

ESSENTIAL CROSS COUNTRY KIT

- Club vest / t-shirt
- Cross country spikes / trail shoes
- Safety Pins
- Duct Tape (silver tape)
- Vaseline

Bin bag / plastic sheet

Dry socks and warm clothes

CAKES

- Mandatory kit for these events
- Spikes will give better grip in muddy conditions
- For attaching race numbers to vest
- Tape shoes on in very muddy conditions
- Prevents chafing in wet/damp conditions
- And, apply some to xc spikes before putting into shoes
- Wrap kit bag in it if raining/wet
- And, use to stand on/change on if wet or muddy ground
- Its horrible driving home in cold wet running gear
- Post race re-fuelling and good for team morale

Guide for buying XC spikes

Tend to be a little "tight fitting" so probably best to go 1/2 size bigger (even better to try on for fit first) Nike are a little flimsy and didn't last long.

ANY FURTHER QUESTIONS - PLEASE ASK

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